

Healthy Lifestyles *features and benefits*

BENEFIT:

Recipes



Healthy meals your family will love.

Finding options that are healthy – and that your pickiest eaters will actually enjoy – is easier than ever, thanks to the recipes section on the Healthy Lifestyles website.

Whether it's breakfast, lunch, dinner, snacks or desserts, you'll find just what you need. When you find a recipe you love, make sure to save it to your favorites and create your own virtual recipe box!

And if it's a meal plan you're looking for, the recipe section has that, too! You'll find meal plans for diabetics, weight loss, vegetarians, heart health and more. The recipe section takes the guesswork out for you, and it provides recommendations for each meal of the day, each day of the week. How easy is that?

But don't just take our word for it, check them out for yourself!

Log in to Healthy Lifestyles

Not a Healthy Lifestyles member yet? [Click here](#) for sign up instructions.

Remember, Healthy Lifestyles is available to all State of New Hampshire employees, spouses and their adult dependents. Forward this email to them, too!



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Healthy Lifestyles

PREP TIME:

50 minutes

TOTAL TIME:

50 minutes

YIELD:

4 servings

EACH SERVING

PROVIDES:

Calories: 299

Fat: 15 g

Carbohydrates: 14 g

Protein: 28 g

Fiber: 2 g

Sodium: 706 mg

Potassium: 382 mg

Mozzarella-Stuffed Turkey Burgers

INGREDIENTS FOR MARINARA SAUCE

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 2 cups plum tomatoes, chopped and with juices
- 6 oil-packed sun-dried tomatoes, drained and finely chopped
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons fresh basil, chopped

INGREDIENTS FOR BURGERS

- 1 pound 93%-lean ground turkey
- 1/4 cup scallions, finely chopped
- 2 teaspoons garlic, minced
- 2 teaspoons Worcestershire sauce
- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon dried oregano
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1/2 cup shredded, part-skim mozzarella cheese, divided
- 2 tablespoons fresh basil, finely chopped
- 2 teaspoons extra-virgin olive oil
- 4 slices focaccia bread (about 4-inch-square slices or 2 ounces each), toasted

Mozzarella-Stuffed Turkey Burgers

Healthy Lifestyles

TO PREPARE MARINARA:

1. Heat 2 teaspoons oil in a medium saucepan over medium heat. Add onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes.
2. Stir in fresh tomatoes and any juices, sun-dried tomatoes, 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a simmer and cook, stirring occasionally, until the tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat.
3. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside.

TIPS

- The marinara sauce can be covered and refrigerated for up to 5 days.
- To oil the grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

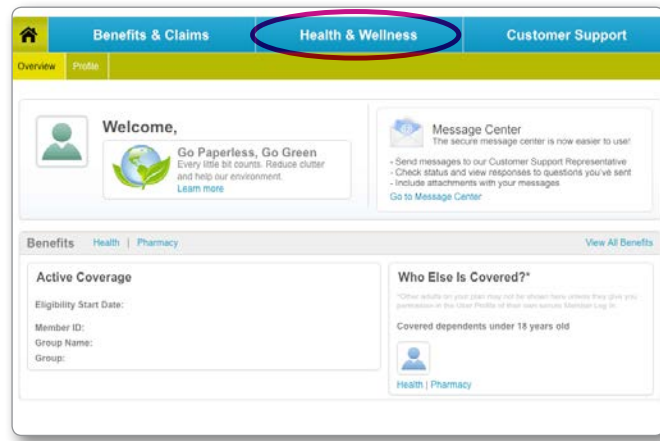
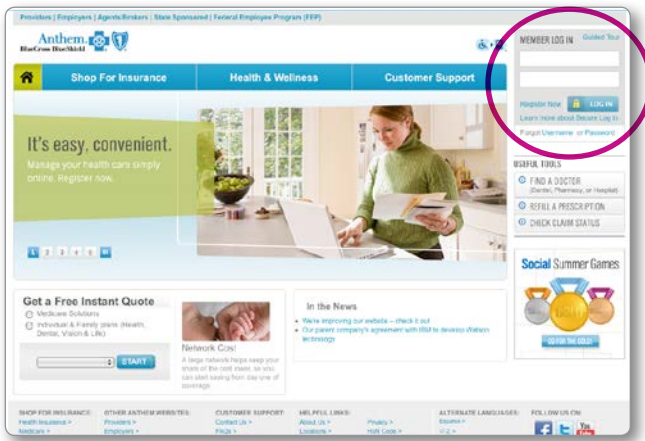
TO PREPARE BURGERS:

1. Place turkey, scallions, garlic, Worcestershire sauce, lemon zest, oregano, 1/2 teaspoon pepper and 1/4 teaspoon salt in a large bowl. Gently combine. Form into 8 thin patties (about 4 inches wide and 3/8 inches thick).
2. Combine 1/4 cup cheese and basil and place an equal amount in the center of 4 patties. Cover with the remaining patties and crimp the edges closed.
3. Heat 2 teaspoons oil in a large nonstick skillet over medium heat (see Grilling Variation below). Add burgers and cook, turning once, until an instant-read thermometer inserted in the center registers 165 degrees, 8 to 10 minutes total.
4. Warm the marinara on the stove. To assemble the burgers, spread 3 tablespoons of marinara on each toasted focaccia, top with a burger, about 3 more tablespoons of marinara and 1 tablespoon of the remaining cheese.

GRILLING VARIATION: To grill the turkey burgers, preheat a grill to medium-high. Oil the grill rack (see Tip). Grill the patties, turning once, until an instant-read thermometer inserted in the center registers 165 degrees, 8 to 10 minutes total.



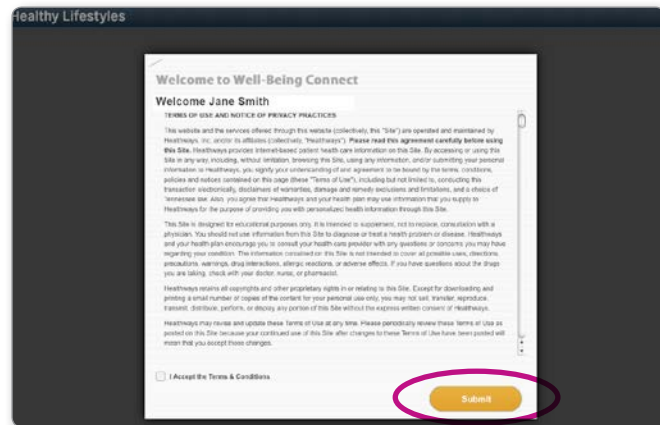
How to sign up for Healthy Lifestyles



1. Go to **anthem.com** and log in using your Anthem username and password.

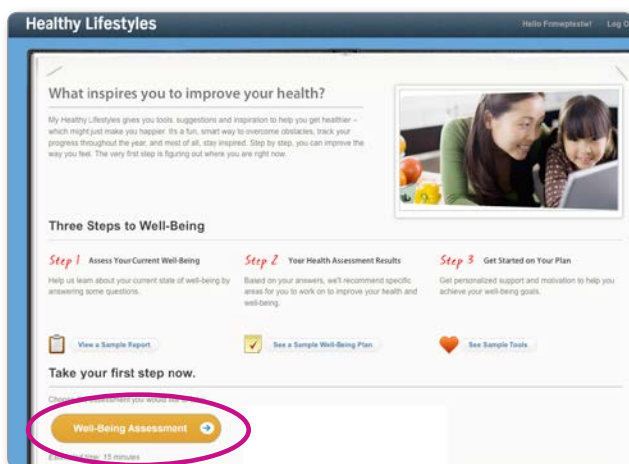
2. Select the **Health & Wellness** tab.

If this is your first visit to anthem.com, select **Register** to complete the registration screens. Once you've registered, log in to get started.



3. To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!

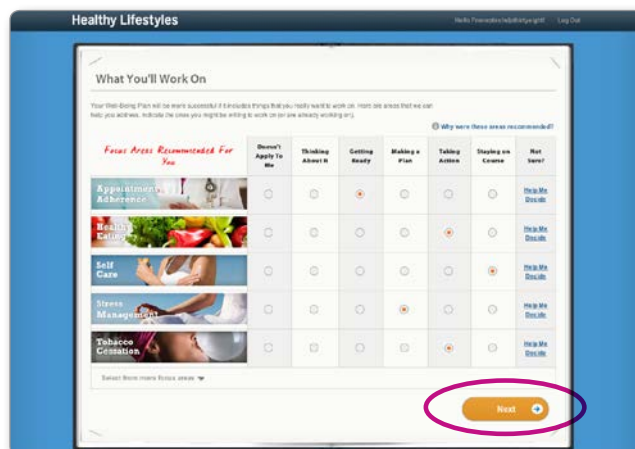


5. Select **Well-Being Assessment** (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.

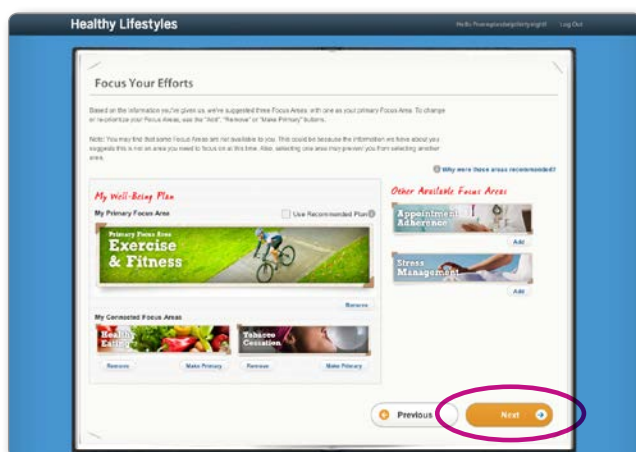
6. Select **Start** and answer the questions on the following screens.



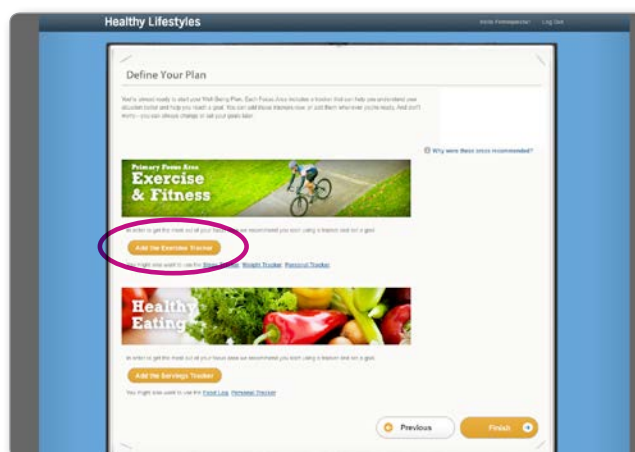
7. Click **View Full Report** or download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select **Create Your Well-Being Plan** to personalize your Healthy Lifestyles program.



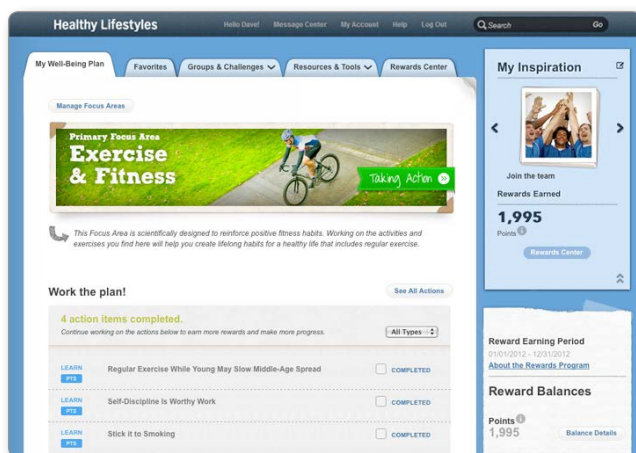
8. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



9. Based on the information you've provided, Healthy Lifestyles will recommend a primary focus area and two connected focus areas. Use the recommended focus areas or swap them out with others. Click **Next** to continue.



10. You can choose to add the trackers that support your focus areas here, or you can add them at a later time. After you have chosen your trackers, click **Finish** to complete your Well-Being Plan setup.



11. Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.

If you have questions about registration or program details, contact the customer service line listed on the back of your Anthem ID card at 1-800-933-8415 Monday -Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email StateofNH@anthem.com.